



School district letterhead

H1N1 Home Care Guidance

Dear Parents or Caregivers,

Your student is being sent home today with flu-like symptoms. We are unable to know the exact cause of your student's symptoms, but we do know that seasonal flu or H1N1 is a possibility. If your student has an underlying health problem such as asthma, diabetes or another immune-suppressing condition, we recommend you consult with your doctor.

Most students will recover without needing medical care. But they will need good common sense at home.

Home care guidelines from the Centers for Disease Control and Prevention:

- Drink clear fluids (such as water, sports drinks, broth, electrolyte beverages for infants) to keep from being dehydrated.
- Cover your coughs and sneezes with a tissue, then dispose of the tissue in the trash. Or cough and sneeze into the crook of your elbow.
- Dishes can be done in a dishwasher or with hot soapy water.
- Throw away tissues and disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Have everyone in the household wash hands often with soap and water, particularly after coughing and sneezing. Alcohol-based hand cleaners are also effective.
- If you are sick and sharing a common space in your home, wear a facemask to help prevent spreading the virus to others.
- Keep sick children under care at home when you go to the store or out in public.
- Children younger than 4 years should not be given over-the-counter cold medications without first speaking with a doctor.
- Children younger than 19 should not take aspirin or any products containing aspirin due to the risk of Reye's Syndrome.

Seek medical care if your child:

- Is breathing fast or having trouble breathing.
- Has skin that's bluish or gray
- Is not drinking enough fluids
- Has severe or persistent vomiting
- Is not waking up or not interacting
- Is being so irritable that he or she doesn't want to be held
- Has flu-like symptoms that improve then return with fever and a worse cough.

Your child will likely be tired. Fatigue and body aches are normal for influenza. Make sure your child gets plenty of rest. Avoid taking your child out into the public on errands. Keeping your child home is better for him/her and for those in the community.

We look forward to seeing your student back in school once his/her fever has been gone for 24 hours without the aid of fever-reducing medications. For more information on H1N1, visit www.flu.gov.